

Osair

"FOLLOWING THE CANADIAN FORCES"
CFB/BFC WINNIPEG

SEPT 19 SEPT 84

3 RCR Kickoff United Way Drive



Having picked up the gauntlet and accepted the challenge LCOL Houghton poses with executives from the City and Base Campaigns. Left to Right: Mrs. Jo Wright, Division Director United Way of Winnipeg; Mr. Dale Stewart, Winnipeg United Way 1984 Government Division Chairman; LCOL Houghton, CO 3 RCR; Lt. Stu Parkinson, 3 RCR Representative Base Campaign Committee; Capt. John Politis, Base Campaign Chairman.



Dr. Ken Money floats weightless during parabolic flight aboard NASA's KC135.



3rd BATTALION
THE ROYAL CANADIAN REGIMENT
Hosts

The Terry Fox Volksmarsch

The Royals invite everyone to
run, jog or walk a 10 km combined Terry Fox Run and Volksmarsch



DATE: 23 SEPTEMBER 1984
ROUTE OPENS: 9:00am
REGISTRATION CLOSES: 2:00pm
ROUTE CLOSES: 5:00pm
ROUTE: Kapyong Barracks through
Assiniboine Park and return
PARKING: Kapyong Barracks
Refreshment Stands Along The Route

For Volksmarschers Interested In Medals
Pre-Registration Fee for Medals \$3.00
Registration Fee on 23 September \$4.00

Address for Pre-Registration:

Volksmarsch Headquarters
Kapyong Barracks
561 Kenaston Boulevard
Winnipeg, Manitoba
R3N 1V9

All participants will receive the
Terry Fox Certificate.

Pledge sheets will be certified.

There will, of course, be no fee for
those who wish only to register
for the Terry Fox Certificate.

Pre-registration will not be required. or Telephone: 895-6001

Join our Bierfest after the Volksmarsch at
Kapyong Barracks

"Live Band"

More Info Pg. 3.

A Dream Come True

For Major Ken Money his selection as one of Canada's first six astronauts is the crowning dream come true of a dual career. An experienced military pilot and a distinguished research scientist, Major Money says, "I was and I am delighted to be selected to the Canadian Astronaut Program".

The announcement of the selection of the six members of Canada's Astronaut Corps came last December after a much publicized Canada-wide search by the National Research Council.

Major Ken Money is a 30 year veteran with the Canadian Forces Air Reserve and also Senior Scientist at the Defence and Civil Institute of Environmental Medicine (DCIEM) in Toronto. His selection as an astronaut makes him a candidate to fly aboard the space shuttle sometime in the next two years as a mission specialist responsible for a group of Canadian designed physiological experiments.

Major Money began researching vestibular physiology as a graduate student at the University of Toronto after completing a B.A. in Physiology and Biochemistry and a Masters Degree in Physiology.

In 1953, the same year that Ken Money began his University studies, he enrolled in the RCAF University Reserve Training Plan. As a young Flight Cadet in the University of Toronto Squadron he spent several summers on the prairies learning to fly. Major Money trained on the venerable Harvard at No. Two Flying Training School in Moose Jaw, Saskatchewan, graduating to wings standard in 1957 at No. Two Advanced Flying School in Portage la Prairie, Manitoba.

A newly commissioned flying officer, Major Money was then transferred to 400 Auxiliary, the City of Toronto Squadron. 400 Squadron was, in 1957, a fighter unit operating T-33's and CF-86 Sabres, both of which Major Money flew.

Major Money served as a pilot with 400 Squadron for over two decades, changing as the Squadron's operational role changed. He went on to fly the C-45 Expeditor and the deHavilland Otter and most recently, the Kiowa light observation helicopter. In his long flying career, Ken Money has logged over 4000 hours variously as a fighter, transport, search and rescue, instructor, and helicopter pilot.

Con'd on Pg. 14



VOXAIR VARIETY

by John Lauder

Not too often do we mention the crass commercial dinner theatre known as Stage West, whose local outlet is on Kennedy Street, downtown. However, this month, until October 7th, they happen to be running a very fine and funny play, *A Thousand Clowns*, made popular on Broadway by Jason Roberts, Jr. and here starring Dave Madden of TV fame.

The play is the thing, not the dinner. It rates far below the Officer's Mess Sunday Smorgasbord, which as we all know is below the food in the Sgts Mess. However, it is better than found in the Snack Bars, and you can get wine for only three times the Liquor Board price.

After the show, Madden comes out and gives a humorous monologue, dealing with Winnipeg as seen by an outsider forced to live here a while, as are many of us, and this is even better than the play. Try it, but do not expect to be gourmetized.

* * * * *

The Royal Winnipeg Ballet School is expanding in both location and in courses offered this fall. In addition to the old location in the Studios at 289 Portage Ave, instruction will be offered in the Pembina Crest School at 1551 Pembina Highway, beginning of September 25th. (Downtown the classes have already started on the 10th). Through the week at various times there are classes in classic ballet, jazz, character dance and one hour toner sessions. In addition there will now be half-hour toner fitness classes at lunch time, where parents and kids can learn together at special savings if they wish. Information on all of this from 956-0183.

* * * * *

But if you would rather send the kids out alone to learn, then why not the Actors' Showcase Theatre School? The classes begin on September 24th, and run on Saturdays, with the primary division accepting 6-7 year olds, the juniors in the 7 to 12 year old category, and then intermediate and senior divisions for the teen agers. Starting with puppetry and mime, on through make-up, improvisation, voice and all the rest, the final pay-off is when the kids present actual live shows some six times through the year. For more info call 947-0394.

* * * * *

The Contemporary Dancers, under new choreographer Tedd Robinson, will offer programs this week from the 19th to the 22nd at the Gas Station Theatre. Also at the Osborne Street Theatre on Sunday the 23rd popular local boy, now from Ottawa, Larry Ewashko will perform an evening of classical and Ukrainian songs. On the 29th the Irish will have the hall, with a concert of harp, goat skin drum, and Uileann pipe music being offered. Sounds like it will sound a bit different, but good.

* * * * *

Finally, over at the Centennial Concert Hall the lineup is Roger Whittaker to-night and tomorrow, followed by "A Gala" from the now out-of-debt Winnipeg Symphony Orchestra on Saturday evening. Sunday the 23rd will feature "Women Today", demonstrations, displays, speakers and fashion shows, at 10 a.m., 6 p.m. and again at 8:30 p.m. On the 24th there will be a Gospel Music Concert at 7:30 p.m., entitled "Silverwind", and then on the 28th and 29th the Symphony will be back with the first of the Masterworks concerts, featuring guest artist pianist Janina Fialkowska, who will play the Chopin Concert No. 2 in F Minor, while the Orchestra gives us the Bach Symphony in D Major.

LETTER TO THE EDITOR

Dear Sir:

We would appreciate your printing of the attached information in your newspaper. Although Sir John Franklin Community Club is the Southside PMQ resident's home club, we feel that over the past couple of years, we may have been overlooked as such. This may be due to the fact that we have not had adequate information getting to the forces people residing on the southside and also due to the fact that our club's location is more or less out of sight, which results in people not realizing it is even there.

We would like to take this opportunity to welcome the new Southside residents, welcome back the old, and provide this information on some of the programs available to them at Sir John Franklin C.C.

I have enclosed a leaflet we distributed in the area. It contains the program information and a description of our boundaries (with map). If at all possible we would like to have as much as we can printed in the *Voxair*, in the next 2 issues.

If any further information is required, please call me.

Sandy Rattenbury
489-9335 aft. 6:00 p.m.
Publicity — Sir John Franklin C.C.

Check Pg. 11



Winnipeg Blue Bombers and BC Tent People continue to dominate the western football scene, with Edmonton not looking too shabby. Doug Mann, over in BAMEO and I just waiting to shower each other with insults when the final season tally is counted.

* * * * *

Jane and I made the pilgrimage to Regina for the Labour Day game between the Bombers and Greenies. Everything was great except for the game. Gaynor the Gopher, the Saskatchewan mascot was really "gross" and hopefully his antics were not seen on national TV.

* * * * *

At the Bomber vs Ottawa game, guess whose wife dressed in her home-town red, white and black outfit, complete with pom-pom, and bravely cheered the losing team to a 65-25 humiliation. Be nice, she already took a severe teasing in the stands.

* * * * *

FEEDBACK TO KITBAG:

Ron Hay writes that my negative comments about mosquitos and Winnipeg drivers do nothing to help new arrivals form a good impression of their new home. Ron states that we should accentuate the positive, as we in the military have a chance to sample the best of what Canada has to offer as we travel across the country. Good Point. Manitoba has a lot to offer and in previous columns I have provided tips, hints, reviews and criticisms of a wide variety of local facilities. Ron's basic point is "enjoy it", remember, your next posting may offer a lot less than is available for your enjoyment here.

* * * * *

A couple of years ago, along with Capt. Ross Grist, I was doing some entertaining in the role of "Flight Lustre", a crusty old retired RCAF Flight Sergeant. Although we haven't made any public appearances lately, "Flight Lustre" has been waiting in the wings for a likely opportunity to appear. To give my old friend Capt. Ross Grist (alias Uncle Vox) a smile, I'm going to walk the 10 km for the Terry Fox cancer fund in character as "Flight Lustre". I've started my sponsorship campaign and am aiming at 500 dollars. The costume is one thing, getting the old Kitbagger out to walk that far is something else. If you'll sponsor me, call me at local 5689 and I'll sign you up.

* * * * *

Ross tells me that if he's feeling up to it, he'll be at the start line in his "Uncle Vox" flying suit, to give me a "swift kick" to get me started! That should be a treat for Base Photo!

* * * * *

Advance publicity for Manitoba Theatre Centre, Winnipeg Symphony and the Ballet make one pleased to be living here. If you haven't tried it, give it a shot, you may be pleasantly surprised. John Lauder keeps us well informed in his *Voxair* Variety Column.

* * * * *

More tips for newcomers: The Manitoba Museum, and The Royal Winnipeg Rifles Museum in Minto Armories, both excellent.

The Winnipeg Zoo, which is free. (Dieter Brock was bored with it but what does he know?)

The Winnipeg Art Gallery — not up to your European standards but getting there.

Red River cruises. A bit cool this time of year so take a jacket. The Lord Selkirk is a really good outing.

* * * * *

Having a 16th Birthday
in 1984?
Celebrate with Canex and
receive a free gift at
the 16th Birthday Sale
Exhibition
Bldg. 21 4 pm - 11 pm
Thursday & Friday Sept. 27 & 28



Following the
Canadian Forces

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VOXAIR OFFICE HOURS:
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PHONE 889-3963

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MARDI et JEUDI de 13h à 16h
TELEPHONE 889-3963

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VOXAIR est le journal non officiel de BFC Winnipeg et est publié a tous les deux semaines avec la permission du Commandant de la Base Colonel S.E. McGowan C.D. Les opinions et les points de vue qui y sont exprimés ne sont pas nécessairement ceux de l'éditeur, le Commandant ou le ministère de la Défense nationale. L'éditeur réserve le droit de modifier ou refuser la publication d'un article ou d'une annonce publicitaire. Toute correspondance doit être adressé à: VOXAIR, Bldg. 10, BFC Winnipeg, Westwin, Manitoba R2R 0T0.

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Taux d'abonnement sont: 10.00\$ pour un an et 25.00\$ pour trois ans.



SCAN CORNER

Bridges to The Outside World

Networking is the name of the game when it comes to finding work in the outside world. It means knowing potential employers in order to sell your skills to them. Some, when faced with this problem, have been known to panic — jump on the proverbial horse and ride off in all directions. This is not the answer. The answer is to cultivate every possible bridge to the outside world.

These bridges include friends and associates, newspaper advertisements, public and private agencies, club memberships and your assessment of where the jobs are. As you build these bridges you establish a "Network" of contacts that can be followed as you move into the outside world.

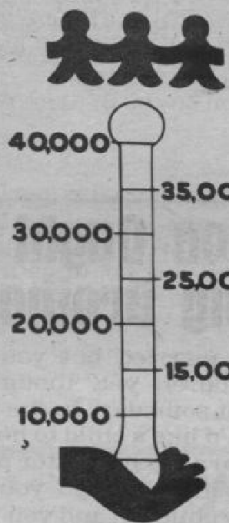
The Canada Employment and Immigration Commission (CEIC) is one of these bridges. This is a government agency operating centres

throughout Canada and is in the business of bridging the gap between the employer and the person looking for a job. How can they help you? Briefly:

- a. The CEIC counsellor at the manpower centre near your base knows the local employment picture.
- b. A clearance system is available which enables you to find out about jobs in other parts of the country.
- c. If upgrading of skills or occupational retraining is indicated the manpower counsellor can complete all arrangements.

The Canada Employment and Immigration Commission is important because it is a joint sponsor with DND of the Second Career Assistance Network (SCAN) Program, which is designed to assist servicemen in establishing themselves in the "outside world" after they leave the CF.

New Base United Way Signs



CFB WINNIPEG UNITED WAY 84 CAMPAGNE DE CENTRAIDE DE BFC WINNIPEG

Personnel will notice three new signs this year located at the Whytefold, Kapyong Barracks, and Sharp Street gates.

Thanks to you it works... FOR ALL OF US



United Way BASE CAMPAIGN KICK-OFF 10 SEPT. 84

Next Copy Deadline Sept 25/84

Chairman Speaks



The Hon. Otto E. Lang, the 1983 City of Winnipeg United Way Campaign Chairman, recently spoke about the United Way to a meeting of the Base Branch Heads. Left-to-Right: Capt. John Politis, Base Campaign Chairman; Mrs. Jo Wright, Division Director United Way of Winnipeg; BCMD; The Hon. Otto E. Lang; Mr. Dale Stewart, Winnipeg United Way 1984 Government Division Chairman; and Capt. Mark Broscheit, Associate Base Campaign Chairman.

The Terry Fox Volksmarsch

Through Beautiful Assiniboine Park

This September 23, all Winnipeggers are invited to join together to participate in the Terry Fox Volksmarsch for the Marathon of Hope. **What Is Volksmarsching?** A NON-COMPETITIVE outdoor event where a participant follows a marked route at his/her own pace, stopping at designated points for refreshments and rest. The route is circuitous and the finish is at the starting point. "EVERYONE IS A WINNER" and at the finish, a Terry Fox Certificate and a distinctive medal, especially designed for the event, will be "awarded". "VOLKSMARSCH" ... a German term, literally translated, means "people's walk". Anyone can participate and there are no age restrictions. Volksmarsching is a family oriented activity and many parents carry infants in "back packs" or push them in strollers when the terrain permits. Youngsters walk the short distances and senior citizens participate regularly. Runners/joggers usually start when the event opens to have a "clear track" uninterrupted by walkers.

How To Participate

DATE — Sunday 23 Sept 1984

ROUTE — Nature Trail through Assiniboine Park

TIME — Walk commences between 9 a.m. and 1 p.m. through Assiniboine Park

START AND FINISH — Kapyong Barracks (corner of Grant and Kenaston)

DISTANCE — 5.5 miles or 10 km

REGISTRATION — At Start Point (Please bring your pledge sheets, — if you have them).

Featuring

- 1. VOLKSMARSCH MEDAL
- 2. BEER TENT, German Food and Beer
- 3. GERMAN BAND
- 4. FREE REFRESHMENTS, at stands during walk

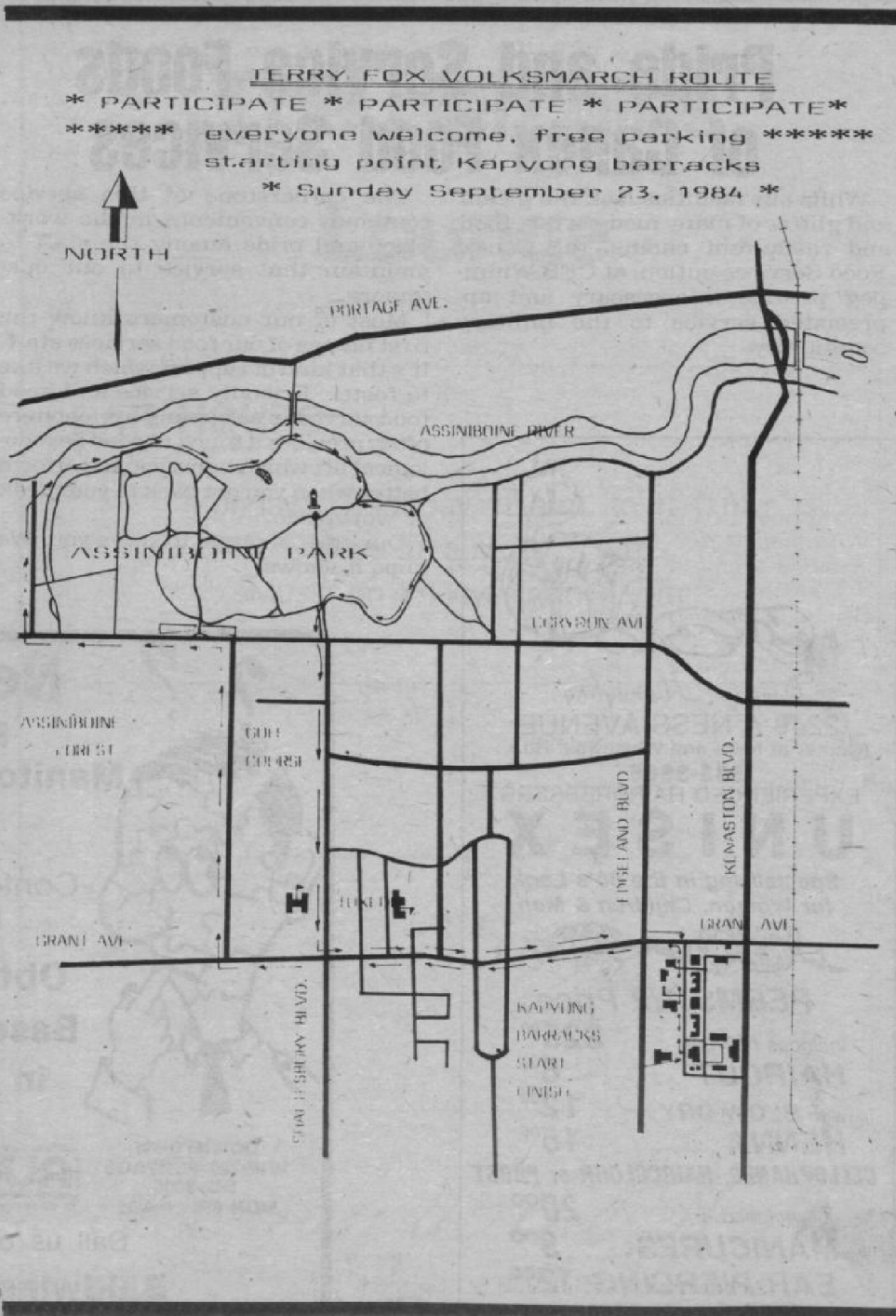
Sequence of Events

- 1. Register at Registration Desk, Kapyong Barracks (receive Route Check Card and Map).
- 2. Stroll/Walk/Jog/Run 10 km route.
- 3. Report to award desk for medal — (pre-registered \$3.00, late registration \$4.00 or Terry Fox Certificate (free)).
- 4. Relax and refresh yourself at the beer tent with fine entertainment.

How To Obtain a Volksmarsch Medal Pre-register in advance \$3.00 (see address and phone number below) thus reserving a Start Card for a medal. This saves paying a late medal registration fee on the day of the Volksmarsch and insures an award medal is reserved for you (or) LATE — register on the day of the VOLKSMARSCH \$4.00.

NOTE: Terry Fox Certificates will be issued to all participants at the award desk.

Address for Pre-Registration
VOLKSMARSCH HEADQUARTERS
Kapyong Barracks
561 Kenaston Boulevard
Winnipeg, Manitoba
R3N 1V9
or Telephone 895-6001





Canex Celebrates 16th Birthday

In any normal business the aim is to maximize profit. Customer service is important, but it is considered only a means to an end.

In your Canex operations customer service is the end itself. Canex, unlike its friendly competition, tries to maximize customer service while maintaining a profit.

What is customer service? It's simply all those factors which prompt you to shop in one store instead of in another: convenience, selection, price, quality and service.

Canex has one additional feature not offered by the others. That feature is profit sharing. Canex uses almost the same logic as consumer co-operatives, which redistribute profits according to the amount a member spends in the co-operative over the course of a year.

Canex on the other hand redistributes its profits evenly to those who avail themselves of the social, recreational and welfare programmes offered at Bases and Stations.

A smaller portion of its profits are redistributed on a system wide basis in the form of capital loans and grants to military communities unable to finance major projects without additional financial help.

No matter where you're posted you will benefit from the profit sharing feature of your Canex operations.

Cost of Merchandise	77¢
Dividend Returned	5¢
Overhead & Expenses	18¢

You will be interested in knowing what becomes of your shopping dollar. The bulk of it . . . 77¢ . . . is used to purchase the item you selected from a manufacturer or wholesaler. 18¢ of your dollar covers all the costs involved in ordering, displaying, and selling your item. This includes everything from payroll to utilities to your shopping bags.

Of the 5¢ which remains — 1¢ is returned to you via your national profit-sharing system: The Canadian Forces Central Fund, which provides financial assistance to Base or Station funds most in need, and The Canadian Forces Personal Assistance Fund, which provides financial assistance to individuals in need.

The larger part . . . 4¢ is returned to you through the dozens of projects and activities supported by your Base Fund. This local profit distribution compliments that on a national basis. You benefit from both.

Pride and Service Foods of Canex Food Services

While our facilities lack the gleam and glitter of many modern fast food and restaurant chains, the Canex Food Services outlets at CFB Winnipeg provide a necessary and appreciated service to the military community.

The cornerstone of this service combines convenience in the workplace and pride among the staff to maintain that service to our customers.

Most of our customers know the first names of our food services staff. It's that kind of rapport which we like to foster. Friendly service and good food served in a relaxing atmosphere often provides a much needed psychological lift which helps you to perform better when you get back to your desk or workplace.

Our staff is proud to serve you. We hope it shows!



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with BLOW DRY 12⁰⁰

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CELLOPHANES, HAIRCOLOUR or FROST

cut included 20⁰⁰

MANICURES 5⁰⁰

EAR PIERCING 12⁰⁰

APPOINTMENTS PREFERRED

WINNIPEG — All across Canada Canex is preparing to put on its best show of the year. The end of September marks the anniversary of Canex, and September '84 makes Canex 16 years old. The celebration runs from 27 Sept 6 October.

Unlike the Canex's major national sales which primarily involve just the Retail Store, the Birthday Sale does much more. The September Birthday Sale is used to inform members of the Base about all of the services which Canex performs and it attempts to reach as many potential customers as possible.

The value in making as big a splash as possible in September is obvious. Increased number of Canex shoppers means higher sales, better purchasing power and lower prices, higher return on investment and more ultimately, more profits to put back into the community through the Base Fund.

This year Canex Winnipeg is going a long way to attract attention. The Birthday celebration starts Thursday 27 September. A flyer will arrive at your office and PMQ offering tremendous buys at the Retail Store. Elsewhere in Voxair, the reader will discover bargains at the Service Center and at all of the Snack Bars.

Also on September 27, Building 21, the Air Command Headquarters Drill Hall and gymnasium, will be the scene of a Manufacturer and Distributors' Exhibition. Some of the participants are Jutan International with electronics and microwaves, Sony of Canada, Thomas Rathwell — the Inglis and Quasar distributor, Fournier Furniture, Gulf Oil with tires and accessories, Jolyn with jewelry, and Danby with freezers, to name a few.

At the Drill Hall, customers can place their own order for next day delivery and use Canex's unique "No Interest Credit Plan" — up to 12 months to pay on selected items. The exhibition will run Thursday and Friday evenings only — September 27 and 28, and Bar 21 and Snack Bar 21 will also be open during those evenings.

To generate a little more excitement and to offer you something for nothing Canex will hold an auction in the Store on the last day of the Sale, Saturday October 6 using "Lucky Bucks". To get your "Lucky Bucks" make a purchase at the Store or Service Station and receive "Lucky Bucks" to the nearest five bucks. That is a purchase of \$10.00 will get you 10 "Lucky Bucks" to be used at the auction. To increase your wealth of "Lucky Bucks", on Thursday and Friday during the exhibition at Building 21, we will have some Casino tables set up with the odds in your favour.

So come out and join the Canex Birthday celebration on the 27th and/or 28th of September.

A Dozen Reasons Why You Ought to Consider Becoming a Big Brother

1. You have a bit of spare time and you'd like to share it with someone who needs you.
2. You do some good things with your own children and you'd like to share these times with another less fortunate child.
3. Your own children are grown up and you'd like a relationship with a child again.
4. Your children are all girls and you'd like a relationship with a boy.
5. Your children are very young and you'd like a boy to do things with until yours grow up.
6. You have children living away from Winnipeg and you feel badly about not being able to spend time with them and so you'd like to spend time with another boy who needs you.
7. You are married but you don't have children yet, though you plan on it someday. In the meantime you'd like a child to help and you'll learn to be a better parent.
8. You are married and you don't have any children and you probably never will, and you'd like to have a relationship with a child.
9. You have grandchildren but they are not accessible and you'd like to be a friend to a boy.
10. You are not married and you'd like to be a buddy to a boy.
11. You had (and maybe still have) a great dad yourself. You are beginning to realize how rough it would have been without him, or you'd like to help someone less fortunate than you.
12. You didn't have much of a father yourself and you know what it was like, so you'd like to help someone who's now going through what you did.

Do you fit in here somewhere? If any one of these dozen reasons apply to you, why not give 661-2506 a call now.

??

New Arrivals

Puzzled about
Manitoba License Plates?

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-Contents? -Pleasure Items?
Life Insurance?

**Obtain them at your
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MON-FRI 8:30-4:30

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Base Commander's General Safety Award



"For Best Performance in Reduction of Accidents" the Base Construction Engineering Section was the winner of the Base Commander's General Safety Award for the period 1 Apr to 30 Jun 84. Receiving the trophy from Col McGowan on behalf of the BCE Section is CWO Keith Swift, Production Officer and Section Safety Officer. Looking on with obvious satisfaction are the BCEO — Maj Gibson (left), BCWO — CWO Hodgson (longest) and BGSO — Larry Burns (shortest).

Propane Filling

- Barbeques
- Trailers

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Mon.-Fri.
8:30-7:00
Sat.
9:00-6:00
Sun.
12:00-2:00



Westwood RV Centre
3800 Portage 885-6666



Welcome . . .
ST. JAMES LEGION
BRANCH No. 4
ROYAL CANADIAN LEGION
1755 Portage Ave.
WINNIPEG, MANITOBA

WESTWIN THRIFT SHOP SALE

(Thrift Shop located in basement of Bldg. 90)

SATURDAY, 22 SEPTEMBER

— 10 a.m. to 1 p.m.

Customers with articles to sell or donate should bring them to the Thrift Shop on Monday, 17 September between 7 and 9 p.m.

(FOR FURTHER INFORMATION

OR PICK-UP OF DONATIONS,

PLEASE CALL 885-2473 EVENINGS)

PLEASE NOTE: Effective 25 Sep, Thrift Shop Hours of Operation:

Tuesday and Wednesday — 7 - 9 P.M.

Thursday afternoon — 1:30 - 3:30 p.m.

The Hercules Lounge

BAR HOURS:

Monday - Thursday 11 a.m. to 11 p.m.

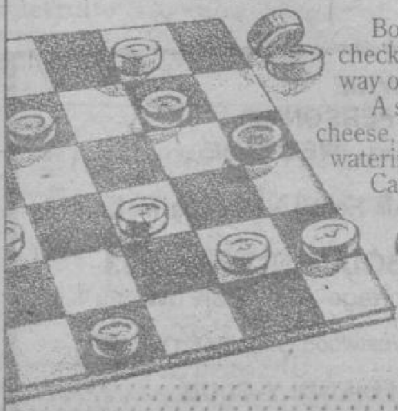
Fridays 11 a.m. to 1 a.m.

Music on Fridays from 7 p.m.

NOTICE

Bar closed after 3:30 p.m. on Mondays.
Bar closed after 3:30 p.m. Tuesday, Sept. 25 — UNDE

Call Boston for Home Games.



Bottom of the ninth, two out, one move away from checkmate, even third down 110 to go... there's one way out. Phone Boston.

A sizzling hot pan pizza smothered in bubbling cheese, tantalizing sauce and a whole team of mouth watering toppings are on the line.

Call us for the taste that put Boston on the map.

Boston Pizza

1901 Portage 885-5543

3253 Portage 888-7524

1570 Main St. 339-2081

See you at the Herc

Top Cup Promotions



Shown above (left to right): Capt Bailey, CWO Hodgson, Col McGowan and Capt Minotti, CFB Winnipeg's "Top Cops". NOTE: Top Cop Hodgson is the shortest in the group.



"Cpl Gendron from Base Transportation received her promotion from Capt Cheffins, MSEO".



Pte (W) Coffin was presented with her promotion from Pte Chevron by the BSECURO, Capt Minotti. Congratulations.

Royal Air Force Visit



WINNIPEG — Air Chief Marshal Sir Thomas Kennedy (left) signs the guest book as Lieutenant General Paul Manson, Commander of Air Command, looks on. Air Chief Marshal Kennedy is one of several guests Lt.-Gen. Manson will be hosting during the Commonwealth Wartime Aircrew Reunion which is sponsored by the Winnipeg Wartime Pilots and Observers Association and is being held in Winnipeg from 6 to 9 September. Air Chief Marshal Kennedy is the Royal Air Force Member for Personnel.



By Günter Ott



Günter Ott is editor of Camera Canada, a consumer photo magazine published by the National Association for Photographic Art.

SEARCH FOR DETAILS

Much of the fun in summertime photography is in exploring the details of the world around you. By looking for detail pictures, you discover more about your environment and produce pictures that are an exciting change from the usual people and places shots. Weathered brickwork, paint splatters on a wall, the bark of a tree — all make intriguing detail photographs.

Architectural photography is a particularly fertile source for detail photos. Start with a general view of a building you like, then move in close to isolate specific details such as ornate door knockers or an elaborate piece of

trim. Always strive to make the detail a dramatic, self-sufficient picture with pleasing sense of texture or pattern of its own while still suggesting the entire structure.



To get effective detail shots, be alert to your surroundings and develop a good eye for pattern and texture. Moving in close or using close-up attachments for your camera will help isolate the detail. A Polaroid SLR 680 instant camera will focus as close as 10 inches while many other types of camera focus down to 18 inches without attachments.

Next time you pass a flower bed or a building, move in closer and discover the fascinating world of detail photography!

Paying too much income tax?

I can help you reduce the tax bite.

HERB D. LAROCHE
Bus.: 284-0570
Res.: 895-8098

Investors
PERSONAL FINANCIAL PLANNING

DOOR PRIZES every two hours at Canex's 16th Birthday Sale & Exhibition Bldg. 21 4 pm - 11 pm Thursday & Friday Sept. 27 & 28

S.U.S.
the disc jockeys with perfect music

"a special service"

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SOUND UNLIMITED SYSTEMS
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United way

CFB WINNIPEG
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Vous est présenté par: Dale Patry

Grain de Sel

Il y a quelques semaines, mon épouse, l'assistante éditrice du journal, me demanda si j'aimerais participer au journal de la base. Comme le Capitaine Lussier, qui avait mis en marche "le carnet francophone", ne pouvait plus s'acquitter de sa tâche au journal, ayant trop à faire à son emploi, me voilà donc!

N'ayant aucune expérience dans le domaine journalistique, je ne prétends pas avoir d'articles sensationnelle, mais plutôt informatifs. En espérant que je répondrais au besoin de tous. Si vous avez des sujets, commentaires, activités à suggérer n'hésitez pas à me le laisser savoir au Voxair par écrit ou en me contactant au 489-8975 après 6 heures.

Quebec 84 Un Ete Mer et Monde

Ayant eu la chance d'aller passé presque un mois au Québec en août dernier, j'ai eu la chance de voir Québec 84. Pour ceux qui n'étaient pas au courant, cette année était le 450^{ème} anniversaire de l'arrivée de Jacques Cartier sur les Rives De Gaspé, Québec. Étant moi même originaire de la ville de Québec, j'étais donc au centre des activités qui se tenait pour la plupart dans la ville même. Nombre de spectacles et d'activités furent organisés, la plupart excellente, et les autres lamentable.

Mais le thème de cette grande fête était bien sûr l'eau et les bateaux, entre autre la fameuse course de voilier "transat tag" première édition entre Québec et St. Malo en France. Donc quel meilleur nom pour cette grande fête que "Québec 84 un été mer et monde".

Pour ceux qui, comme moi, connaissent la ville de Québec, et comme moi ont vues les changements apportés à son apparence, il ma semblé que cette année était la meilleure pour voir et visiter Québec. Des autobus dernier cris, un vieux port qui avait tout, sauf l'air d'un vieux port, pour ceux qui venait du bas du fleuve un petit train nommé le tortillard du St-Laurent, qui partait de Québec chaque jour et se rendait à Pointe au Pic dans Charlevoix, boutiques de linge et souvenirs innombrables, une plage sur les bords de beauport, et même une station radio AM, opéré par Québec 84.

Parlons un peu des activités, qui pour la plupart se tenait au vieux port. Mais avant je devrais peut être vous le décrire se nouveau vieux port. Beaucoup d'efforts et d'argent fut employé pour construire une superbe promenade autour du bassin, ainsi qu'une marina et une mini écluse pour opéré avec la marée. De plus, quelques nouveaux batiments furent érigé pour abriter d'autres boutiques, restaurant, et exposition d'art. Aussi une agora fut construite pour permettre l'écoute de pièce de théâtre, et d'orchestres ou chœurs diverses. Et pour finin, la grande scène flottante construite sur une barge, où les grands spectacles comme celui de Beau Dommage.

Les Activites de Quebec 84

Beaucoup de spectacles d'artiste reconnu était à l'affiche, entre autre "Claude Dubois, Fabienne Thibeault, Michel Rivard, Gilles Vigneault, Marie Michèle Desrosiers, Pierre Bertrand, Beau Dommage". Quand au pièces de théâtre, ils prenaient place au Vieux Port, et un peu partout à travers la ville. Entre autre le fameux Capitaine Bonhomme et ces histoires à dormir debout.

Visite des grand voiliers, ainsi que la parade de ceux-ci. Plus diverse petit groupe de Troubadour, qui marchait à travers les rues de la ville. Beaucoup d'événements sportif prirent places. Courses de petit voiliers, planches à voiles, départs des grands voiliers. Bref, beaucoup de chose à faire, à voir, à entendre, pour moi, Québec 84 fut un succès.

Mais commé toute chose, il y a eu beaucoup de ciel gris sur Québec 84, entre autre le nombre de visiteurs attendu. Comme plusieurs se plaisaient à dire Québec 84 fut "un été de mer sans monde". La plus grosse foule présente au vieux port fut lors du spectacle de Beau Dommage et l'arrivée des grands voiliers, soit a peuprés 30.000 personnes sur le terrain du Vieux Port, ce que les officiels s'attendaient de voir à chaque jours. Puis le prix d'entrée au vieux port qui était de \$12.00 par personne fut jugé trop exorbitant et réduit à \$6.00 sans compté les différents problèmes financiers qui ont presque annullé la grande course.

En somme Québec 84 en a déçu plusieurs mais après tout quel événements n'a pas ces petits problèmes. Pour moi Québec 84 fut une très bonne expérience.

Messe Francaise et Comite Culturel

Pour tous ceux qui sont intéressés à assister à une messe française, la paroisse Sacré-Coeur ouest offre une messe française chaque dimanche à 12h à l'église Ste Anne, 271 rue Hampton, dans St James.

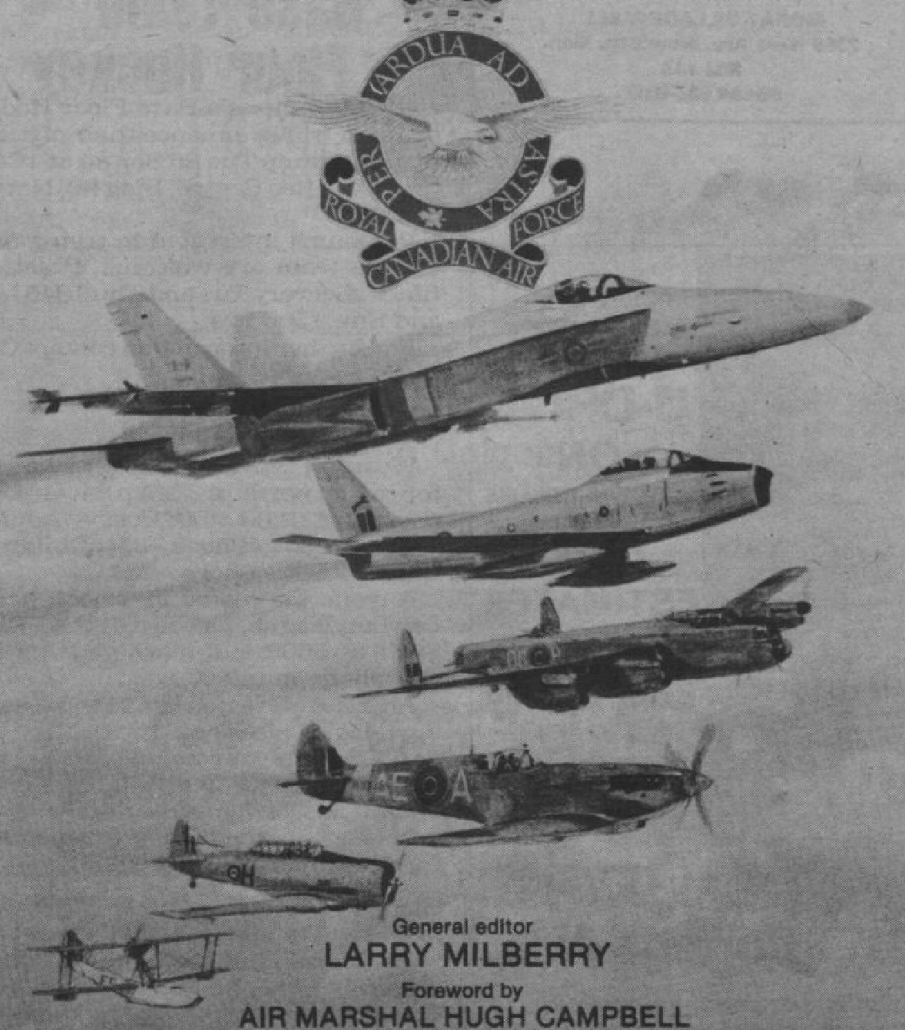
Soyez les bienvenus.

Avis à toute personne de langue française. Le Comité culturel de Winnipeg tiendra sa première assemblée annuelle le jeudi 27 septembre à 19h30. Endroit: Salle communautaire de l'église du Sacré-Coeur, 600, avenue Bannatyne. Pour renseignements, appelez 774-5863.

Le Comité a déjà réalisé un certain nombre de projets pour regrouper les personnes de langue française de Winnipeg. L'assemblée annuelle sera l'occasion pour se renseigner sur ce qui a été fait, pour s'exprimer aussi, et réagir face au programme d'activités prévu pour la saison 84-85. La réunion se terminera par un vin et fromage. Venez nombreux, amenez vos amis, vos connaissances. C'est l'occasion pour connaître d'autres francophones.

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General editor
LARRY MILBERRY

Foreword by
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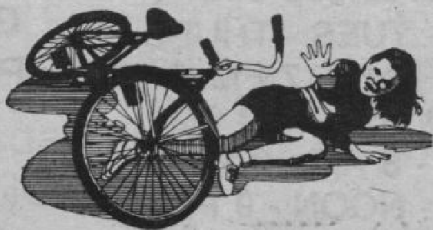
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SPORTS SHORTS

Base Team — Floor Hockey

CFB Winnipeg's Base Floor Hockey team will commence their official training camp Tue 25 Sep 84 at 1645 hrs in the Rec Centre, Bldg 90, North Site.

Personnel interested in trying out for the team are welcome. Practice times are every Tue and Thu 1645 hrs and Sun 1500 hrs.

For further information contact Cpl Chris Pilon loc 5511.

Bowling

Westwin Bowling Lanes will open for casual bowling 30 Sep 84. Hrs. of operation 12:00-3:00. Cost — Adults - Games - 85¢ - Shoes - 35¢; Children Games - 60¢ - Shoes - 25¢.

Anyone interested in a noon hour bowling league, please call the PERI Staff at 5509 and leave your name and phone number.

Anyone interested in a Men's Bowling League, please call the PERI Staff at 5509 with your names and phone number.

Early in Oct, a meeting will be held with all concerned for the purpose of forming these leagues.

Base Broomball Team

Personnel interested in playing Broomball for the Base team should attend a meeting Fri 21 Sep 84 in the Rec Centre (N) Building 90 or call Cpl Chris Pilon loc 5511.

Aquatic Programme

Registration will be held at Lipsett Hall on the following dates:

Thu and Fri 27 Sep and 28 Sep 84 from 0800 - 1100 hrs and 1300 - 1500 hrs.

Registration will be made in person and a fee of \$15.00 per child must be paid at this time. Lessons will be held every Sat commencing 6 Oct 84 and run until 8 Dec 84. This will cover all levels from Yellow to White.

Mixed Bowling League

The Westwin Sunday Night Mixed Bowling League will commence activities for the 84/85 season with registrations and a general meeting on 23 Sep 84 at 7:00 PM. All personnel interested in joining this league are encouraged to show up for registrations and the meeting. If further information is required, contact Maj Keith Sinclair at Loc 5221 or Sgt Bill Roherty at Loc 5015.

Learn to Swim Westwin Pool Bldg. 90

Session 1 Registration will take place Sat 22 Sep in Building 90, in the Gym Office, 1000 - 1200 hrs. Classes commence Sat 29 Sep 0900 - 1000 hrs. Testing will take place Sat 10 Dec 84 at 0900 - 1200 hrs. All levels from Yellow to White will be offered. A minimum of 6 students per level is required. If less than 6 students that level may not be taught. Cost will be \$15.00 per session per student.

No phone bookings will be taken. Cheques are to be made payable to Base Fund.

Session 2 Registration will take place Sat 12 Jan 85 from 1000 - 1200 hrs in Building 90 in the Gym Office.

Westwin Community Council News Last Call for Hockey and Ringette Registrations

On the 7th, 8th and 9th of Sept. we had 50 boys register for hockey and 6 girls for ringette.

We know there are others interested in playing these sports so please help us, help you, by getting in touch with one of the below mentioned people soonest.

Teams must be submitted to the St. James - Assiniboia Associations by the 25th of Sept. so you can see why your delay may mean no room for you on a team this winter; and you will have no one to blame but yourself.

Girls wishing to find out about ringette can watch it being played each evening from 4:30 until 11 PM at the Kinsman-Allard Arena until the 22nd Sept.

And remember the skate exchange Sat. 29th Sept. 11 AM until 2 PM at Silver Heights Community Club, Ness Ave.

Hockey — MCpl Al MacDonald — Duty — 5754 (after 900 hrs), Home — 885-3116.

Ringette — WO Don Sally — Duty — 5420, Home — 889-1892.

Ladies Fitness Classes and Dance Aerobics

Registration for Ladies Fitness Classes and Dance Aerobics will take place Sep 27 and 28 at Lipsett Hall from 0800 to 1100 hrs and 1300 to 1500 hrs. Registration will be made in person and a fee of \$20.00 must be paid at that time.

Classes will be held every Mon and Wed for 10 weeks commencing 1 Oct 84 from 1900 - 2000 hrs. Total 20 classes.

Instructors for these classes will be Sonora and Sandra.

Terry Fox Run

To prevent confusion and duplication of events, the Terry Fox Run scheduled for CFB Winnipeg has been cancelled in order to support the Terry Fox Volksmarsch hosted by the Royal Canadian Regiment at Kap-yong Barracks. If any personnel are interested in the PERI challenge contact the Rec Centre no later than Thu 20 Sep 84.

Base Hockey Team

The base is doing a survey at CFB Winnipeg on personnel who are interested in playing for a base team. If you are interested there will be a meeting at the Recreation Centre, 28 September 1984 at 1200 hours.

Inter-Unit Sports

Any section interested in playing Inter-Section Noon Hour Sports at the Rec Centre, Building 90, such as volleyball, basketball, floor hockey, bowling, please contact the gymnasium office 6184.

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Attention Curlers

LADIES' CURLING

GENERAL MEETING . . . (all members . . . WED. SEPT. 19 . . . 8 P.M. . . . WESTWIN C.C.

It's time to dust off ye olde curling boots and head off for the rinks again. A busy year is looming on the horizon. Our club will be hosting the Masters Championship in February, '85, and many of the ladies will be busy with the Scott Tournament of Hearts being held in Winnipeg in February also. Phase one of the renovations at Westwin are well underway, with plans to have the club operational by the first of October.

MEN'S LEAGUES

Many of the leagues will be starting the first week of October, and once again a multiple choice is being offered. Men's leagues are being slated for the evenings of Monday, Tuesday, Wednesday, and Thursday. You may enter as a team, individually, or any combination, and the draw person will try to set you up for the year. Spares will also be needed for all the leagues and a fair system for the use of spares is being looked into.

MIXED LEAGUES

Plans are to put one group out on Monday evenings and several groups on Sunday afternoon, as before. A new league will be starting on Friday evening as well. The ladies of the mixed curling are reminded of the Ladies' meeting on Tuesday, September 18th.

GENERAL MEETING

More detailed info can be obtained at the general meeting on Wednesday, September 19th, at 8 p.m. at Westwin Curling Club. This meeting is for ALL members. Come out and say hello.

If you have any questions, you may address them to any members of the executive:

President Maj. John Byrne
Past President Capt Wayne Mabee
1st V/President and Mon.

Mixed Draw Maj Don Middleton
2nd V/President and

Bar Officer WO Don Smart
Secretary MCpl Kathy Cox
Treasurer Capt Al Brabant
Ladies' President Mrs. Jackie Ridley
Drawmaster and Fri.

Mixed Draw MWO Dennis Dixon
Membership Capt Eldren Thuen
Housing CWO Phil Hebert
Publicity Mrs. Leila Farrell
Entertainment Mr. Ralph Feasey
Prizes and Trophies Mr. Mel Marsh
MCA Representative Mr. Wes Walker
Ladies' Tuesday

Draw Miss Liisa Farrell

The ladies' executive is gearing up for the new curling season. We are excited about the Scott Tournament of Hearts coming to Winnipeg in February, and we will be looking for volunteers for the various committees. The large Friday evening league will go again this year, starting after Thanksgiving week-end. We welcome the new mixed league to our fun Friday nights. The Tuesday evening league will accept 16 teams. A new league is planned for Wednesday evenings. At present, there is no afternoon ladies' league, but if enough interest is shown, some ice is available.

A **LADIES' GENERAL MEETING** is being held on **TUESDAY, SEPTEMBER 18th**, at **WESTWIN CURLING CLUB** at 8 p.m. Any of the executive will be happy to answer your queries.

President Kathy Cox
1st V/President Vikki Feltham
2nd V/President Sue Dixon
Secretary Leila Farrell
Treasurer Jan Adkins
Draw

Tuesday Liisa Farrell
Friday Megs Marsh
Entertainment and Golf Sherry Ridley
Social Irene Wolfe
Publicity Laurel Lins
Bonnie Bonnet

Bonspiel Sharon Carlson
Grannie Bonspiel Marilyn Smith
MLCA Working Delegate Mary Ling

Ladies' Friday

Draw Miss Megs Marsh
Mixed Sunday Draw Mr. Terry Patton

Men's Monday
Draw Capt Harry Steingart
Men's Tuesday Draw WO Don Meakin
Men's Wednesday

Draw Capt Hal Steffler
Men's Thursday Draw Mr. Gord Lins
Junior

Chairman Mr. George Laudrum
Special Events WO Al Gleadall
Club Manager Mr. Earl Lins

Your new executive is looking forward to meeting and serving you, so come to the meeting, see the progress at Westwin, and submit your entry. Application forms are available at Fort Osborne C.C. (888-4354), Westwin C.C. (832-0027), and the Messes.

Junior Curlers

The Junior Curling program at CFB is an exciting and challenging one. Last year, we had a full complement of 32 curlers and we hope to fill it again this season. The junior league curls on Wednesday afternoon from 4:30 to 6:30 at Westwin. Girls and boys, 10 to 18 years of age, as of July 1st, 1984 are eligible. The fee is \$5.00, which is due on registration day, Wednesday, October 17th at 4:30

at Westwin Curling Club.

If you've never curled before, now is the time to learn. Novice and experienced curlers are welcome. If you have any questions, Mr. George Laudrum, phone 889-4931, will be happy to assist you. Otherwise we'll see you on **REGISTRATION DAY** at **WESTWIN** on **WEDNESDAY, OCTOBER** the 17th at 4:30 p.m.

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Cooks Corner

Sir John Franklin C.C. Fall Winter 84-85



Snack Factory churns out quick, nutritious meals for the "back to school" crowd.

The sandwich - new importance for an old favorite

As the "back to school" crowd sets out for classrooms, creating quick, nutritious snacks and meals to fuel high-energy levels becomes the goal.

Easy to prepare and serve, the sandwich is a convenience food that has been meeting nutritional needs for centuries. Back in the mid-1800's the Earl of Sandwich, a compulsive gambler, had meat placed between two slices of bread for eating at the gaming table.

But — old favorites needn't lack variety. A little creativity and a host of scrumptious ingredients can take two slices of bread from mundane to marvelous.

Thanks to a new breed of sophisticated grills, sandwiches can now be produced as meals. For example, the Sunbeam Snack Factory puffs bread into neat triangles with filling sealed inside. Versatility is a key feature of this compact appliance; it can also create omelettes, muffins, meat pies, apple turnovers and pizza in minutes.

Indeed, the 1980's offer the sandwich a more exciting role than ever before. Ease of preparation, variety of breads and rolls and a wide assortment of foods that mix 'n match give "The Sandwich" new importance.

As well, sandwiches as meals or snacks provide a substantial portion of daily nutrient needs. Canada's Food Guide recommends a daily intake of between five and eight slices of bread a day. Combined with peanut butter, meat, eggs, cheese or fish, this complex carbohydrate furnishes complete protein nourishment for active students.

Sunbeam's home economists have developed an assortment of recipes that would astound even the Earl of Sandwich. For breakfast, whip up a savory egg sandwich; at lunch, a perfect ham and cheese melt. Meat and vegetable pies or beef turnovers will quickly satisfy rush hour appetites. And, for late night snacks, a pizza sandwich can be made in a snap.

Ham & Cheese Omelette Puffs
 2 eggs
 1 tbsp (15 mL) finely chopped onion
 1 tbsp (15 ml) diced ham
 2 tbsp (25 mL) shredded cheddar cheese
 1 tbsp (15 mL) chopped green pepper
 2 mushrooms, chopped
 Preheat Sunbeam Snack Factory Sandwich Maker; lightly butter. Beat all ingredients together. Pour mixture into Sandwich Maker, dividing evenly among 4 pockets. Close lid; cook 3 to 4 minutes or until set. Makes 2 servings.

Pizzawich
 For each "Pizza":
 2 slices bread, buttered on 1 side
 1 tbsp (15 mL) tomato paste
 2 tbsp (25 mL) shredded mozzarella cheese
 Pinch of Italian seasoning (basil, oregano, mixed herbs)
 Suggested fillings: shredded cheddar cheese, thinly sliced onion, sliced mushrooms, sliced olives, chopped green pepper, diced ham, sliced salami
 Preheat Sunbeam Snack Factory Sandwich Maker. Spread tomato paste on unbuttered side of one slice of bread; cover with cheese and season to taste. Add one or any combination of suggested fillings. Top with a slice of bread; buttered side up. Place in Sandwich Maker. Close lid; cook 3 minutes. Makes 1 pizza.

Quick Apple Strudel
 2 cups (500 mL) sliced apples
 2 tbsp (25 mL) sugar
 2 tbsp (25 mL) raisins
 1 tbsp (15 mL) chopped nuts
 Filo dough
 Melted butter
 Mix first four ingredients together. Preheat Sunbeam Snack Factory Sandwich Maker. Brush layers of Filo dough with melted butter and stack six layers together. Cut layered dough into two 10 x 5-inch (25 x 12.5 cm) strips. Place one piece in Sandwich Maker. Divide filling evenly into the four pockets; cover with remaining piece of dough. Close lid; cook 3 to 5 minutes or until golden brown and flaky. Makes 4 servings.

Welcome all New Southside P.M.Q. Residents!
***HOCKEY & RINGETTE** — ages 5 to 17
 houseleague, olympic, tiers 3 & 4
REGISTRATION DATES — Sept. 8th - 1 p.m. to 3 p.m.
 Sept. 12th - 7 p.m. to 9 p.m.
 Sept. 15th - 1 p.m. to 3 p.m.

A skate exchange and equipment sale, will be held on Sept. 8th in conjunction with the registrations. Club jackets, sweats, and toques may be ordered at this time.

Those interested in assisting any of our teams should contact one of the convenors below.

Jim Nishikawa (Sports Convenor) 452-5488
 Leigh Rattenbury (Houseleague) 489-9335
 Pat Haasbeek (Ringette) 489-5733

*There is a late registration fee of \$10.00.
***LEARN TO SKATE** — boys & girls ages 8 & under (basic skills)
 Contact Ian Forrest 489-3779

***LADIES AEROBICS** — Tuesday evenings. Begins the third week of September. The first class is free, so come out and try it to see! Registration is \$22.00 for 12 weeks. For more information or to pre-register —
 Contact Susan 475-3823

***LADIES FITNESS** — Monday & Wednesday mornings 9:30 - 10:30
 Babysitting available.
 Contact Linda McAuley 489-2525

***BALLET, TAP, & JAZZ** — ages 4 to 12 Starts mid - Sept.
 Tuesday & Wednesday 4:30 - 6:30 (aft school)
 Contact Beryl Jumel 489-3152

***TINY TOTS** — Monday, Tuesday, & Thursday mornings 9:15 - 11:15
 Starting date - September
 Contact Mary Clark 489-9405

***ROUND DANCERS** — Monday nights
 Contact Velma Seymour 888-7044

***BINGO** — Every Thursday night! Starts at 7:00 p.m. NEVEDAS!!
 Contact Evelyn Saiko 474-1642

***HALL RENTALS** — Sit in air-conditioned comfort. \$225.00
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 Contact Marcel Lafond 489-6384

***MEETING ROOM** — Holds approximately 30
 Contact Ian Forrest 489-3779

On behalf of Sir John Franklin Community Club, I would like to take this opportunity to welcome all southside residents to our community club. We hope to see you there.

Sandy Rattenbury
 (Publicity) 489-9335
 Club — 489-9537



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Commended by C.D.S.

OTTAWA — Five Canadian Forces personnel have been commended by the Chief of the Defence Staff, General G.C.E. Thériault, for actions beyond the call of duty.

Warrant Officer Joseph M. Duval, 38, of Quebec City, on staff at the Combat Arms School, CFB Galetown, N.B. prevented serious injury and possible death to one of his students. During grenade throwing practice on Feb 7, 1984 an officer cadet in WO Duval's charge accidentally dropped a live grenade inside the safety throwing bay. Realizing that there was not enough time for the cadet to make the exit, WO Duval shouted to him to jump over the protective wall to safety. The cadet cleared the wall before the explosion, but WO Duval who had waited to move until he was sure that the cadet was safe suffered shrapnel wounds to his right knee and hip.

Master Corporal Gérald J. Boucher, 42, of Springhill, N.S., then a search and rescue technician with 424 Transport and Rescue Squadron at CFB Trenton, Ont. on May 31, 1983 pulled a victim from the wreckage of a civilian aircraft. After being lowered to the crash site and working alone on a 40 degree slope in heavy bush and in pitch darkness he attended to the victim's injuries. Because the aircraft fuselage was upended 15 feet in the air, MCpl Boucher had to lift the survivor out of the wreck and 200 feet down a slope to an area suitable for hoisting. This is the second CDS commendation for MCpl Boucher.

Private David Bachmier, 21, of Chilliwack, B.C., a member of Princess Patricia's Canadian Light Infantry,

Calgary, was cited for outstanding leadership, courage and initiative. On Sept 30, 1983 Pte Bachmier was riding in the rear of a troop carrying vehicle which was involved in an accident near Calgary. Although injured himself, he took charge of the situation and brought treatment and comfort to others who were also injured. Pte Bachmier was instrumental in applying speedy first aid and organizing a timely evacuation of the injured while preventing unnecessary suffering.

Private Jeffrey Campbell, 22, of Truro, N.S. was commended for his action in rescuing a motorist from an overturned car near Kamloops, B.C. On May 1, 1983, while en route to Kamloops he came upon an accident which had left a man trapped inside a smouldering car. After sending for help, Pte Campbell managed to free the victim with the help of a bystander. This was done at grave personal risk as the car soon after burst into flame. Pte Campbell, is a sapper (military engineer) with the Canadian Forces School of Military Engineering at Chilliwack, B.C.

Private Clement Paradis, 21, of Chicoutimi, Que., was instrumental in saving the lives of fellow servicemen at CFB Halifax. Responding to a fire alarm early in the morning of Jan 18, 1984, Pte Paradis, a military policeman, entered a smoke-filled barrack block and commenced fighting the fire. After he had been forced out of the building by the smoke and heat, Pte Paradis learned that one person had not been located. Without concern for his own safety, he immediately re-entered the building

New Hercs Soon

OTTAWA — Department of National Defence have announced the purchase of two C-130 "H" Model Hercules aircraft for the Canadian Armed Forces.

The contract, worth \$46 million, is to replace aircraft lost in accidents in 1980 and 1982.

The C-130 Hercules is manufactured by the Lockheed-Georgia Company which has offered 100 per cent industrial offsets to the Canadian aerospace industry. The contract includes provision for training, technical publications and engineering drawings.

The C-130 is the only aircraft that can meet the total Canadian Forces requirements for military transport of oversize cargo such as vehicles, aircraft and supplies. It is also used for personnel movement and for parachuting operations.

Delivery of the aircraft is scheduled for March 1985.

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where he located the missing individual still asleep in an adjacent room. As firemen arrived on the scene he directed them to the source of the fire.

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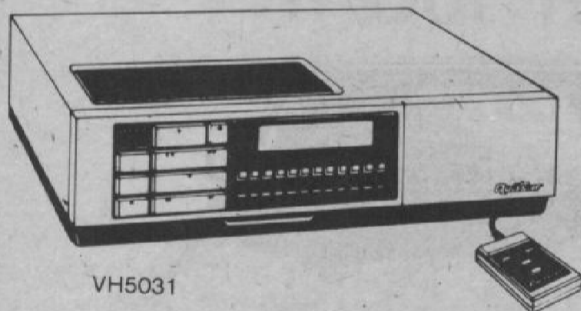
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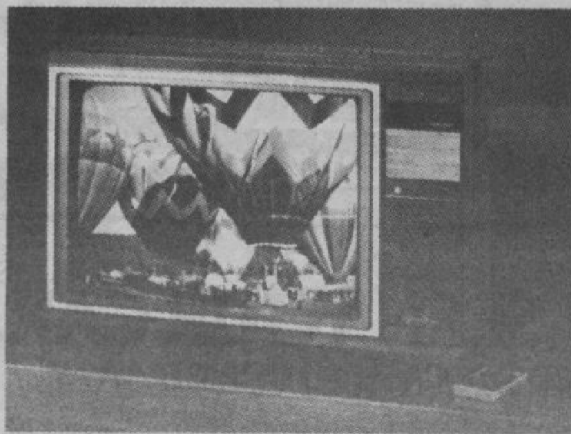
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Navy League Wrenette Corp Centennial is recruiting for the 1984-85 year, Monday nights 7:00 pm. at the H.M.C.S. Chippawa, 51 Smith Street, Sea Cadet quarters. Girls 10, 11, 12 are invited to come down and learn what the Wrenettes are all about. Parents Are Welcome.

Navy League Cadet Corp J.R.K. Millen is recruiting for the 1984-85 year, Friday nights 7:00 pm. at H.M.C.S. Chippawa, 51 Smith Street, Sea Cadet quarters. Boys 10, 11, 12 are invited to come down and learn what the Cadets are all about. Parents are welcome.

Exercise Exercise Exercise

OTTAWA — More than 4,000 Canadian soldiers will take part in a month-long training exercise in Bavaria, Federal Republic of Germany, beginning August 24.

The soldiers, members of 4 Canadian Mechanized Brigade Group (4 CMBG) along with augmentation troops from Canada train annually in Bavaria as part of the NATO fall manoeuvres.

4 CMBG is assigned to NATO's Central Army Group and is part of Allied Command Europe (ACE). This exercise is the culmination of a year of training in which their skills and tactics are tested under realistic conditions. During the exercise, called FALLEX 84, 4 CMBG will practice defensive battlefield manoeuvres.

Approximately 600 members of the Regular Force and 350 militia from across Canada have been flown to Europe to augment units of the brigade. This has provided the opportunity to test and practice procedures for reinforcing Canadian units in Europe in a crisis situation. About 50 cadets will also take part in the exercise.

The first phase of FALLEX 84 will take place on a military camp at Hohenfels from August 25 to September 5 and will concentrate on unit training.

The brigade will then move to an area south of Nuremberg for one week of intensive combat operations in the Bavarian countryside.

The last part of the exercise will be staged in an area northeast of Munich September 13-20. Some 55,000 German, Canadian and American soldiers and airmen will test cooperation between tactical air forces and army units at the corps level.

FALLEX 84 represents the Canadian participation in a series of ACE exercises called AUTUMN FORGE which encompasses 26 national and multi-national exercises held between northern Norway and the eastern borders of Turkey. The annual fall manoeuvres began in 1975 to allow service members of different alliance nations the opportunity to work with their counterparts and be exposed to different national operating procedures and equipment. More than 250,000 troops are involved each year with the aim of improving combat readiness and demonstrating ACE solidarity and preparedness for common defence.

LIVING WITH ARTHRITIS

by Patrick Baker

Cut

Medication Costs

Most Canadians take some form of medication many times in their lives. People with arthritis, however, usually take it more than most (often daily) and the costs can often be horrendous.

One of the easiest ways to save is to ask your physician to write your prescription for greater amounts. This can be especially helpful when you'll be taking the medication for a long period of time.

Comparison shop before buying any prescription drugs because costs vary from store to store. While one may have the best price on one drug, it may be considerably higher on others and the extra travel to a different store may be well worth your while.

Check into special group prices such as senior citizen discounts. Some stores also have special discount days.

If your prescription includes aspirin, don't buy brands advertised as "extra strength" or "arthritis strength" or "for arthritis-type pain". These labels simply mean that there may be more aspirin per tablet for a much higher price. You can avoid the unnecessary expense of these special strengths by taking regular aspirin in the quantities prescribed.

Finally, remember that highly advertised brands are generally no better than the less expensive store labels available in many pharmacies. Take a few minutes to read the information that is required by law on every drug package, you will often see for yourself that the extra money you're paying is simply for the fancy packaging and labeling.

Patrick Baker is Director of National Communications & Public Education for The Arthritis Society.

Dash 8 Ordered

Treasury Board has approved the purchase of six Dash 8 aircraft for the Canadian Armed Forces from De Havilland Aircraft of Canada Limited.

The acquisition program, valued at \$98.1 million, is for four air navigation training aircraft and two passenger/cargo aircraft. It includes provisions for systems integration, spares, training and other related support requirements.

The two passenger/cargo aircraft are for transport and communication duties with the Canadian Forces in Europe and will replace the two Dash 7's now operating from the Canadian Forces Base at Lahr, Federal Republic of Germany.

Four Dash 8's will be fitted out as navigation trainers for use by the Canadian Forces Aerospace Navigation School in Winnipeg.

The navigation trainer version of the Dash 8 has been designed through a team effort by the Canadian Forces, De Havilland and Litton Systems Limited. In this respect, Litton Systems has been leading a consortium of Canadian high technology avionics/systems specialists who will develop the navigation system aspect of this program.

The Dash 8 is a 36-passenger commuter type aircraft powered by two Pratt & Whitney PW 120 turbo-prop engines. This is the first sale of the military version of the aircraft.



BINGO

The Canadian Forces Base Winnipeg Westwin Community Council host a BINGO every Wednesday night at the Air Base. This is a non-profit organization and all proceeds are spent on community activities such as minor hockey, playgrounds and various community clubs at the base.

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Con't from Front Pg.

Upon completing his PhD at the University of Toronto in 1961, Dr. Money joined DCIEM as a research scientist in the physiology department. At DCIEM Dr. Money continued his post graduate research advancing knowledge in alleviating the problems of motion sickness and pilot disorientation in flight.

Occasionally, his flying and research careers overlapped each other. In 1977 an Air Reserve Otter aircraft was used in a series of test flights to determine the effectiveness of a new anti-motion sickness drug. Dr. Money, research scientist, was chiefly responsible for the project. Major Money, military pilot, actually flew the test aircraft through its motion sickness inducing gyrations.

In 20 years of studying vestibular physiology, Dr. Money has produced over sixty publications, mostly related to his specialty in motion sickness research.

Much of his work since 1962 has been in cooperation with NASA. Space sickness affects approximately forty percent of all shuttle astronauts. NASA hopes to eventually

be able to diagnose an astronaut's susceptibility to motion sickness prior to space flight and to find preventative treatments for the debilitating ailment.

Dr. Money, along with Dr. Douglas Watt, a McGill University scientist, initially proposed a Canadian space shuttle experiment. The experiment scheduled for a late 1985/early 1986 launch will involve four to six separate tests that will focus on the effects of zero-g on the motion sensing and balancing system of the inner ear, astronauts' susceptibility to motion sickness, and their ability to sense body position in weightlessness.

Dr. Money's dream is to be the candidate selected to fly the mission and perform the experiments in space himself.

Before the dream can become a reality the Canadian astronauts must complete a rigorous training program. The six are working in laboratories in Toronto, Ottawa, and Montreal, becoming familiar with all aspects of Canada's space program. They work as two teams, each team specializing on one particular group of Canadian experiments.

NASA will carry out mission train-

ing at the Kennedy Space Centre in Cape Canaveral, Florida. At the Johnson Space Centre in Houston, Texas the Canadians will become experts on the complex systems of the space shuttle itself. In addition to scheduled training, the astronauts have been inundated with requests for appearances and speeches. Public relations is important to develop support for government projects such as this, but the priority is training.

Despite his hectic schedule, Major Money still finds time to relax. He currently enjoys tournament badminton. Not surprising, since a demanding career has never kept Ken Money from competitive sport. He represented Canada as a high jumper in the 1956 Olympics in Melbourne, Australia and again competed in the 1958 Commonwealth Games in Cardiff, Wales.

Currently, Major Money is on loan from the Department of National Defence to the Canadian Astronaut Program for a two year period. What lies beyond this initial venture depends on the Canadian government's commitment to aiding the U.S. Space Station project. In the next year or so the degree of our involvement in future manned missions will be deter-

mined. Dr. Money responded to the question of the degree of Canadian future involvement in space with this statement:

As I see it now, humans will probably have a permanent colony on the moon and be well on the way to having a colony on Mars by the year 2010. Eventually we shall populate other solar systems. In the broad view, Canadians will no doubt play a part in this great human development. In the more immediate future, though, whether Canadians fly in space in any numbers will be decided by the extent of our involvement in the U.S. Space Station (which is scheduled to be functional by 1994). If national priorities and the economics of space construction, materials, processing, and resources management from Space Station result in our making a major investment in Space Station, then it is reasonable to think that many Canadians will fly in it (in 90-day shifts).

One thing is certain, regardless of whether or not Ken Money will become Canada's first Airforce member to travel in space, he has earned himself a place in the history of Canada's fledgling manned space program.

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Needed, a reliable sitter 2 or 3 afternoons a week on or near Kenaston, east side. 489-2790.

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Babysitter, 13 yr. old girl wishes to sit on south site, qualified. Call 489-4237.

Babysitter wanted days for 7 mos. old in my home preferably on the north site starting May 14. 832-4879 (eves) or 237-2560 (days) and ask for Nancy.

Sitter required to babysit in their home from 7:30 to 4:00 p.m. weekdays. For the month of July. Francophone is possible. Must be South Site. For more information call 895-6126 daytime or 489-5644 in the evening.

Experienced and reliable 15 yr old girl, completed Babysitting Course, is looking for work on the north site. Ph. 837-6383 and ask for Laura.

Will babysit in my own home. 885-7009.
 I will babysit in my own home on south site. Mon-Fri from 7 a.m. to 5 p.m. 885-6123.

Experienced babysitter req'd for occasional evening for 6 months & 2 yr. old boys. Please call Chris at 837-5239.

Sitter req'd for 10 month old boy beginning late Oct. in my home preferably, south site. 489-4291 after 5 p.m.

Babysitters available: Jocelyn (14) & Anita (13). Both have had babysitters course - north site. 837-1249.

Req'd immediately a babysitter for a 6 yr old girl & 3 yr old boy on Seaton St. near Allard School area. \$400/month, receipts req'd. 832-0336 after 5 p.m.

Will babysit in my own home 5 days a week, reasonable rates. 489-5341.

Babysitter, 13 yr old boy, wishing to sit on the south site. Very reliable & have taken courses. Pls. call Gordon at 489-6347.

NOTICES

Block Parents are desperately needed for the South Site. For more information contact Linda Ingle. 489-6037 or Jackie Neilson at 489-5366.

Any South Site teenagers interested in having their names on a babysitter's phone list to be distributed to all PMQ's phone Mrs. Neilson at 489-5366. A reference is required.

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Sunday School	North Side South Side	Sunday 11:00 a.m. Sunday 10:30 a.m.
Counselling	North Side South Side	895-5417 895-6022
Emergency	Base Operator will help to locate a Chaplain	
N.B. For other activities, please call the Chaplains:		
G.E. Tonks	BChap (P)	895-5417
S.C. Fowke	Chap (P)	895-5075
G.W. Lanctôt	Chap (P)	895-6022

RC CHAPELS NORTH & SOUTH

CHAPELS
 There are two different RC Chapels for CFB Winnipeg. St. George Chapel on Kenaston Boulevard for the South-Side, and Our Lady of the Airways on Silver Avenue for the North-Side.

MASSES
 North: Saturday: 18:00
 Sunday: 11:15
 South: Sunday: 10:00

CONFESSIONS

Anytime before Mass.

SUNDAY SCHOOL
 Children from Grade 1 through to 9, inclusively, gather at the Air Navigation School on the North-Side every Sunday morning from 9:30 to 10:30 from October through to May.

Transportation is usually organized among the parents, involved, for the children from the South-Side.

BAPTISM
 Please contact the Chaplain one month before.

MARRIAGE
 Please contact the Chaplain at least three months prior to the wedding.

It is understood that a preparation is required before baptism and marriage.

CHAPLAINS
 Robert Gagnon: 832-1311
 895-5272
 895-6023
 Deacon: Rick McLellan: 895-5479
 Chapel (North-Side): 895-5076
 Chapel (South-Side): 895-6181
SOME CONTACT NUMBERS
 North: Ken Meleod: 895-5243
 Larry Willitts: 889-2579
 Ken Shortridge: 895-5305
 South: J.P. Deschênes: 895-5722
 Al Durham: 895-6125

HI!
 We have lost quite a few of our people because of postings or other reasons. However, I do know that quite a few new ones are coming in. To you, the new comers, welcome, and we want you to know that we are pleased to see you and have you aboard. I am sure that we will get along, and be happy together.

Please introduce yourself when I meet you, and we will take it from there. Remember that if you were involved in any way in the Church activities before, we need your help. If you were not involved, maybe we could start something together in Winnipeg.

Robert Gagnon
 Base Chaplain (RC)

ROUND DANCE MUSIC COURSE
 HERCULES LOUNGE
 Starts 24 Sep 84 — 7:30 to 9:00 pm
 For more information call
 KEN or DONNA GIBSON 888-3562



CANEX 16th BIRTHDAY EXTRAVAGANZA

**STARTS THURSDAY, SEPT. 27th
ENDS SATURDAY, OCT. 6th
STORE OPEN SUNDAY NOON TO 4:30**

**Special Booking Order & Exhibition
at Building 21 on Thursday & Friday, September 27-28
4:00 p.m. - 11:00 p.m.**

Electronics Video
 Audio Furniture
 Microwave Dishwashers
 Freezers Oil
 Antifreeze Tires
 Twelve Months no Interest on Selected Items
 and lots more

WATCH OUR FLYER FOR MORE DETAILS

ONE HUNDRED LUCKY BUCKS
CENT

DOOR PRIZES EVERY TWO HOURS AT THE EXHIBITION

CASINO GAMES

SNACK BAR 21 & LOUNGE OPENS AT 4:00 P.M.

for those, like Canex, who turn 16 in 1984:
Free Draw for 12" B&W TV. on Saturday, October 6th.
Get your entries at the store or during the exhibition.

ASK US ABOUT OUR NO INTEREST CREDIT PLAN.

COME OUT AND HAVE A PIECE OF OUR BIRTHDAY CAKE AT BUILDING 21 AT 4:00 P.M., THURSDAY, SEPTEMBER 27th.

DON'T FORGET THE AUCTION ON SATURDAY, OCTOBER 6th, AT THE STORE.

Plus all these extra special specials during our Exhibition:

- All tires in stock at cost.
- Cash and carry oil
Super Shell 10-30 \$1.80 litre
Shell X100 10-30 \$1.60 litre
- Super savings on batteries
- Gulf Antifreeze \$6.45 4 litres

- **PIA SALE**
(Pay in Advance — Book Now — Pay and Save)

Oil Filter & Lube

Reg. \$19⁹⁵ PIA Sale \$12⁹⁵

Radiator Flush & Replace Antifreeze

Reg. \$36⁵⁰ PIA Sale \$26⁵⁰

DAILY SNACK BAR BIRTHDAY SPECIALS

Thursday, Sept. 27	75¢ Beef Sandwich
Friday, Sept. 28	1.00 Submarine Sandwich
All Weekend	75¢ Fries & Gravy & Small Coke
Monday, Oct. 1	1.00 Cheeseburger
Tuesday, Oct. 2	1.00 Corned Beef Sandwich
Wednesday, Oct. 3	75¢ Fried Egg Sandwich
Thursday, Oct. 4	75¢ Denver
Friday, Oct. 5	1.00 Ham & Cheese
Saturday, Oct. 6	75¢ Fries & Gravy & Small Coke

During the Birthday Sale

**Free gift at the Service Station
if you have a valid drivers license
and you are 16 years old in 1984.**